



Mille Lacs Band of Ojibwe

# Suicide Prevention Project

# Suicide is an urgent issue in our community locally and for American Indians across the state

Suicide Rates in Minnesota by Race, 2019



## American Indians have the highest rate of suicide in Minnesota

**Of the 87 counties, Aitkin County is ranked 1st in Minnesota for the highest suicide rate of any county; Mille Lacs County ranks in the top five; Pine County 13<sup>th</sup>.**

The leading means/method of suicide amongst American Indians in Minnesota is suffocation (68%).



## Key Youth Indicators by School District (9<sup>th</sup> graders) 2019 - All Youth

- Over half of the 9<sup>th</sup> graders in the Onamia School district report long term mental health, behavioral or emotional problems.
- 1 in 3 of the 9<sup>th</sup> graders in the Hinckley-Finlayson school district have self-harmed.
- On average, 24% of youth in these districts have considered suicide.

|   | Aitkin | Onamia | Milaca | East<br>Central | Hinckley<br>Finlayson | McGreg<br>or | MN<br>Overall |
|---|--------|--------|--------|-----------------|-----------------------|--------------|---------------|
| <b>Mental Health &amp; Treatment</b>  |        |        |        |                 |                       |              |               |
| Reporting any long-term mental health, behavioral or emotional problems.      | 17%    | 53%    | 26%    | 30%             | 32%                   | 33%          | 23%           |
| Treated for a mental health, emotional or behavioral problem during last year | 14%    | 29%    | 17%    | 17%             | 13%                   | 24%          | 15%           |
| <b>Suicide Attempts &amp; Ideation, in the past 12 months</b>                 |        |        |        |                 |                       |              |               |
| Any Self-harm   | 11%    | 24%    | 23%    | 28%             | 38%                   | 21%          | 18%           |
| Considered Suicide  | 30%    | 28%    | 20%    | 31%             | 25%                   | 12%          | 13%           |
| Attempted Suicide   | 7%     | 15%    | 6%     | 3%              | 12%                   | 11%          | 4%            |
| <b>Protective Factors</b>   |        |        |        |                 |                       |              |               |
| Teachers/other adults at school care ('Very much' or 'Quite a bit')           | 50%    | 12%    | 35%    | 36%             | 35%                   | 32%          | 42%           |
| Adults in the community care ('Very much' or 'Quite a bit')                   | 56%    | 12%    | 22%    | 35%             | 21%                   | 42%          | 38%           |

## Key Youth Indicators by County (9<sup>th</sup> graders) 2019

### American Indian Youth Only

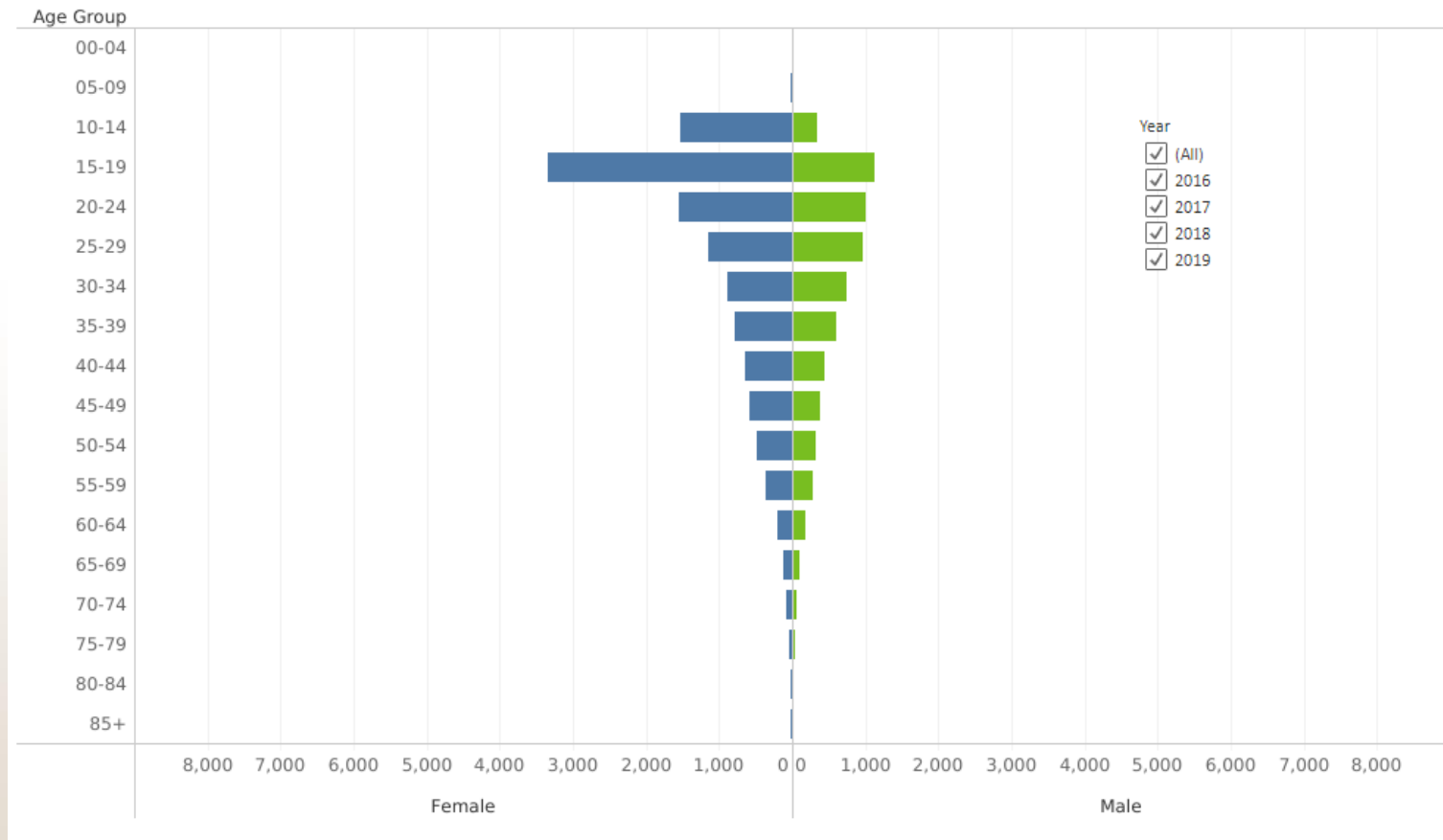
Mille Lacs Native Youth    Mille Lacs All youth    Pine Native Youth    Pine All youth

- Over half of Mille Lacs County Native Youth report long term mental health, behavioral or emotional problems.
- 1 in 3 Mille Lacs County native youth and nearly 1 in 2 Pine County native youth have attempted self harm.
- Over one third of Mille Lacs County native youth and over half of Pine County native youth have attempted self harm.
- About 1 in 5 youth in Mille Lacs and Aitkin County native youth have attempted suicide.
- Only 7 percent of Mille Lacs County native youth feel that adults in the community care.

| <b>Mental Health &amp; Treatment</b>  |     |     |     |     |
|---|-----|-----|-----|-----|
| Reporting any long-term mental health, behavioral or emotional problems       | 56% | 33% | 36% | 30% |
| Treated for a mental health, emotional or behavioral problem during last year | 32% | 19% | 14% | 14% |
| Likely depression   | 58% | 30% | 67% | 33% |
| Likely anxiety  | 55% | 35% | 50% | 36% |
| <b>Suicide Attempts &amp; Ideation, in the past 12 months</b>                 |     |     |     |     |
| Any Self-harm   | 33% | 20% | 48% | 24% |
| Considered Suicide  | 35% | 19% | 55% | 22% |
| Attempted Suicide   | 20% | 7%  | 23% | 7%  |
| <b>Protective Factors</b>   |     |     |     |     |
| Teachers/other adults at school care ('Very much' or 'Quite a bit')           | 10% | 36% | 38% | 37% |
| Adults in the community care ('Very much' or 'Quite a bit')                   | 7%  | 30% | 21% | 30% |
| Youth participate in any form of programming in a typical week                | 91% | 72% | 90% | 68% |

# Suicidal Injury and Ideation Distribution by Age Group

For the counties of Aitkin, Anoka, Benton, Chisago, Crow Wing, Hennepin, Kanabec, Mille Lacs, Morrison, Pine and Ramsey.







This represents the youth in our communities.

This represents our relatives struggling  
with mental health.

This represents our children, grandchildren,  
nieces, nephews, and cousins.



But, this data also tells us we have opportunities...



**A large portion of these youth – 90 and 91% participate in different programs during the week.**

This creates an opportunity to adapt programming to be socially and emotionally focused as well provide support.

Studies have shown that an increase in protective factors builds connections with adults in school and the community. **This, in turn, decreases the severity of each of the indicators.**







## **What are Protective Factors?**

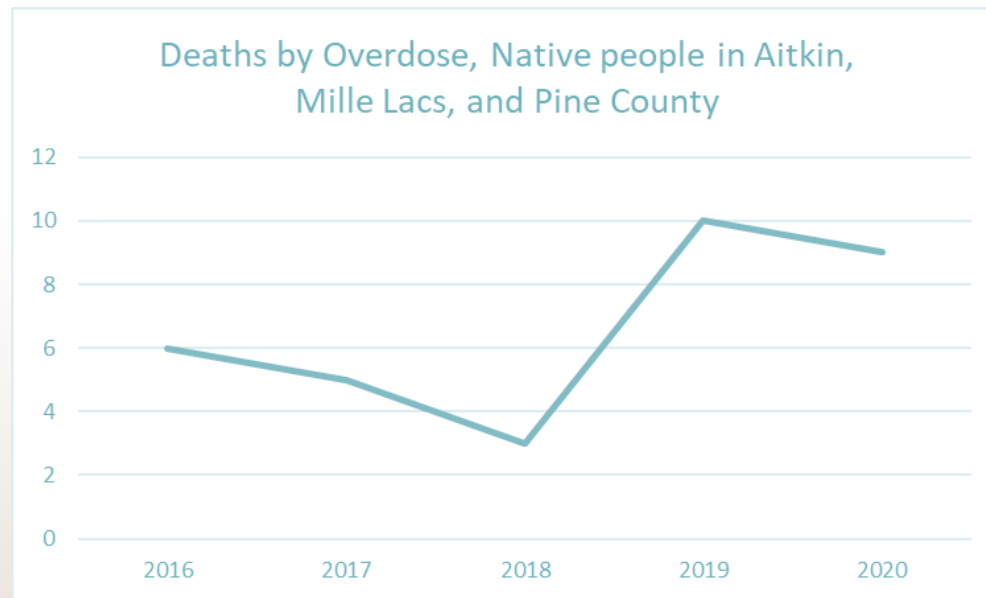
Protective factors are conditions in individuals, families, and communities that mitigate or eliminate risk, thereby increasing the health and well-being of children and families.

Protective factors help those we care about find resources, supports, or coping strategies that allow them to thrive, even under stress.

# Prevention efforts must focus on youth



- Youth ages 15-34 make up 55% of people who die by suicide among American Indians in Minnesota.
- **Native youth are struggling with depression** (58% of Native youth in Mille Lacs, 67% in Pine) and **anxiety**.
- Youth are struggling with suicide ideation (35% of Native youth in Mille Lacs, 55% in Pine) and suicide attempts.
- **However, Native youth more frequently reported participation in and out of school time activities and programs - that's a strong foundation we can build off of.**

# Suicide and substance use are connected issues





- From 2016-2020, thirty-three Native people died by overdose in connection with substance abuse in Aitkin, Mille Lacs, and Pine County, with increases in 2019 and 2020.
- Statewide, overdose deaths increased in 2019 and 2020. This is preliminary 2020 data only. The number may increase when final data is available.





Students who think adults in their  
community's care about them  
are less likely to report  
alcohol use, marijuana use, and  
prescription drug misuse in the past  
month.

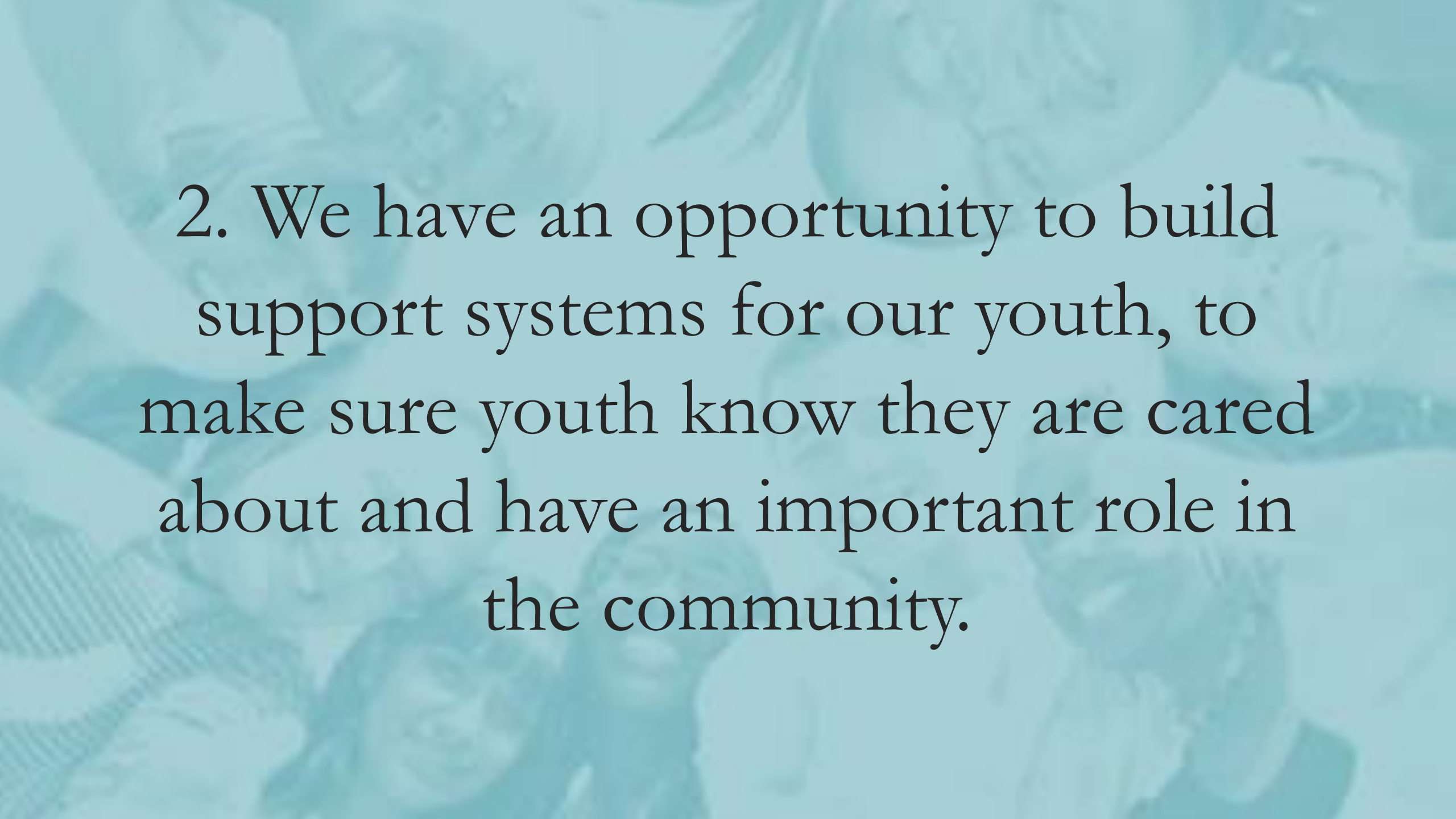


A person is sitting on the ground under a large, leafy tree, looking down with a thoughtful or pensive expression. The scene is set outdoors with a clear blue sky and some distant trees visible on the horizon. The overall mood is contemplative.

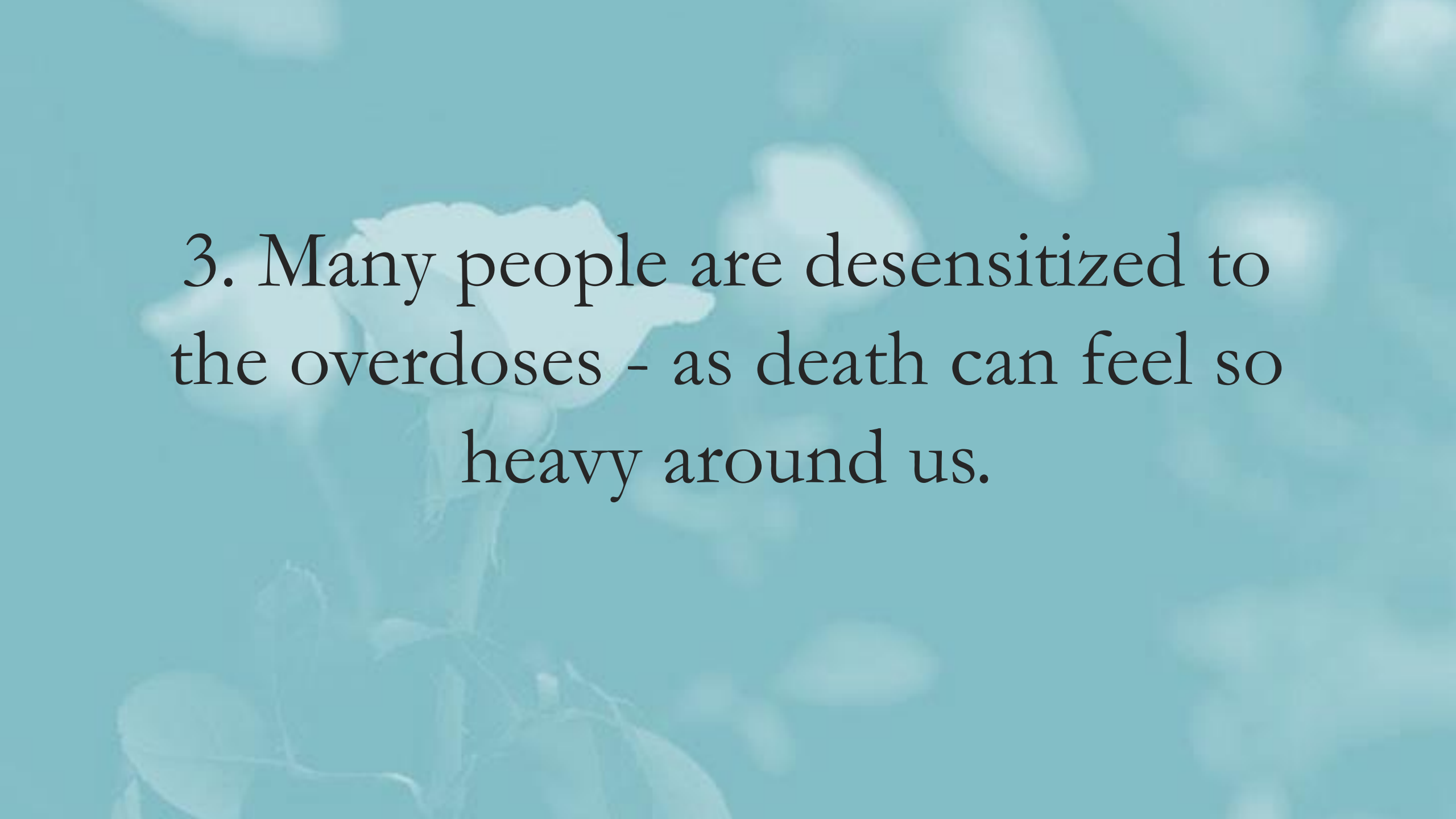
**What does this mean?**

1. Suicide is preventable.

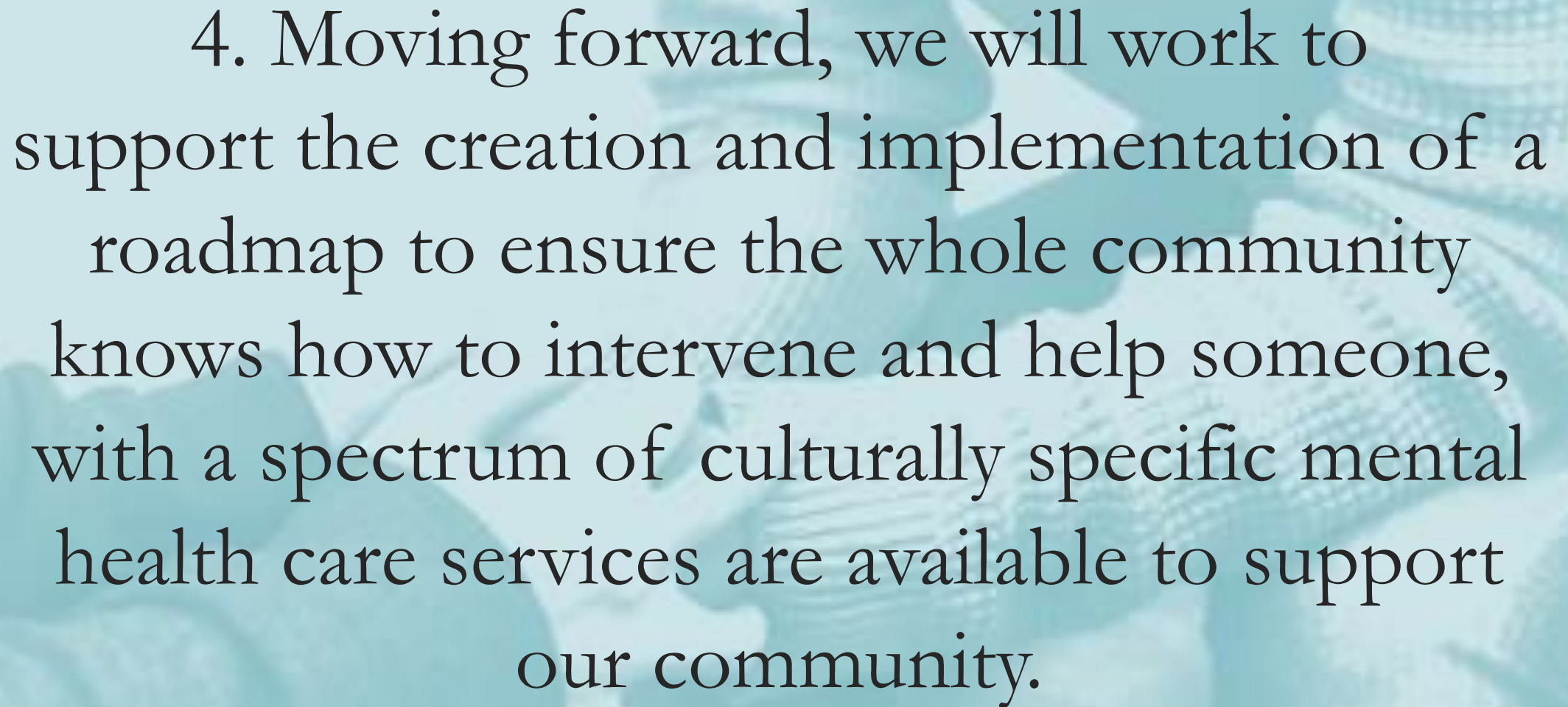




2. We have an opportunity to build support systems for our youth, to make sure youth know they are cared about and have an important role in the community.



3. Many people are desensitized to the overdoses - as death can feel so heavy around us.

A background image showing a pair of hands, one light-skinned and one dark-skinned, gently holding a small globe of the Earth. The image is overlaid with a semi-transparent teal filter.

4. Moving forward, we will work to support the creation and implementation of a roadmap to ensure the whole community knows how to intervene and help someone, with a spectrum of culturally specific mental health care services available to support our community.





# How Do We Build Capacity in the Community



# Who Should Be Involved



# Next Steps

1.

2.

3.





# Suicide Prevention Resources

**Mille Lacs Band of Ojibwe HHS:** Need Help? Call **320-674-4385** to talk to a therapist. We are here for you 24/7.

**Suicide Prevention Resource Center:** **800-273 TALK**, [sprc.org](http://sprc.org)

**National Suicide Prevention Lifeline:** **800-273-8255**

**American Foundation for Suicide Prevention:** Are you in a crisis? Call **800-273-8255** or text **TALK** to **741741**.

**Zero Suicide:** [zerosuicide.edc.org](http://zerosuicide.edc.org)

**Now Matters Now:** [nowmattersnow.org](http://nowmattersnow.org)

**Lifeline Crisis Chat:** IM - **800-273-TALK**

**Online PEER Support Chat:** LGBTQ, IM - **888-843-4564**

**RAINN Online Hotline:** sexual assault, global access - [www.rainn.org/800-656-4673](http://www.rainn.org/800-656-4673)

**Veteran's Live Chat:** global access for American vets - [www.veteranscrisisline.net](http://www.veteranscrisisline.net) also text **838255**

**Teen Line Online:** [teenlineonline.org](http://teenlineonline.org)

**Trevor:** LGBTQ youth [www.thetrevorproject.org/866-488-7386](http://www.thetrevorproject.org/866-488-7386)

**National Crisis Text Line for the Deaf:** text **HAND** to **839863**

**Safer Suicide Care Online Course:** [training.ursulawhiteside.org/p/suicidesafecare](http://training.ursulawhiteside.org/p/suicidesafecare)

# Mille Lacs Band of Ojibwe Suicide Prevention Project

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To assist with this project, or for more information, call 320-532-7407.